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(Digest of Market Basket for January 13, 1943)

## BEANS FOR VICTORY MEALS

"For a main dish to help stretch the meat, try some well-seasoned home-cooked beans." suggests \_\_\_\_\_  
(Name) (Title) (Place)

\_\_\_\_\_ points out that supplies of dry beans are so plentiful, beans have been designated a Victory Food Special from January 13 to 23.

During that time, consumers are being urged to give them special attention.

For homemakers who take advantage of bean plenty, \_\_\_\_\_ passes on some basic bean facts from the Bureau of Home Economics, Agricultural Research Administration, U.S. Department of Agriculture.

"White, pink, speckled...big, little, medium...well known or less familiar, all dry beans are pretty much alike as far as food value and cooking are concerned.

"Dry beans are a compact source of food energy. They contain body-building protein. Though this is not the same high quality as that of meat and other foods of animal origin, still it is of great value in these days of wartime protein shortage. Beans rate high as a source of iron, riboflavin, and thiamine.

"First steps in preparing any bean dish are washing and soaking the beans. Wash them through many changes of cold water and soak them 6 hours to overnight. Use soft water for soaking and cooking if possible. Cook beans slowly...at low heat for a long time. Never add soda. Soda destroys part of the vitamin content

"Season beans with something that is crisp, salty, sour, or contrasts some other way in texture or color, as well as flavor."

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